


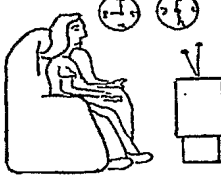
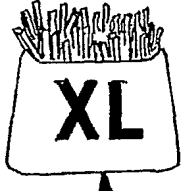
 <input type="checkbox"/>	<input type="checkbox"/>
eat salad at fast food restaurant	eat broccoli and fish for dinner
 <input type="checkbox"/>	<input type="checkbox"/>
eat chips right before sleeping	eat 2 vegetables instead of rice
 <input type="checkbox"/>	<input type="checkbox"/>
drink soda With sugar	pack a snack to eat while out
 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
drink soda with artificial sweetener	walk for 15 minutes
 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
watch t.v. all day	raining, sit for days
 <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
eat many fries	skip walk for several days

44

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40

46

Fig. 2

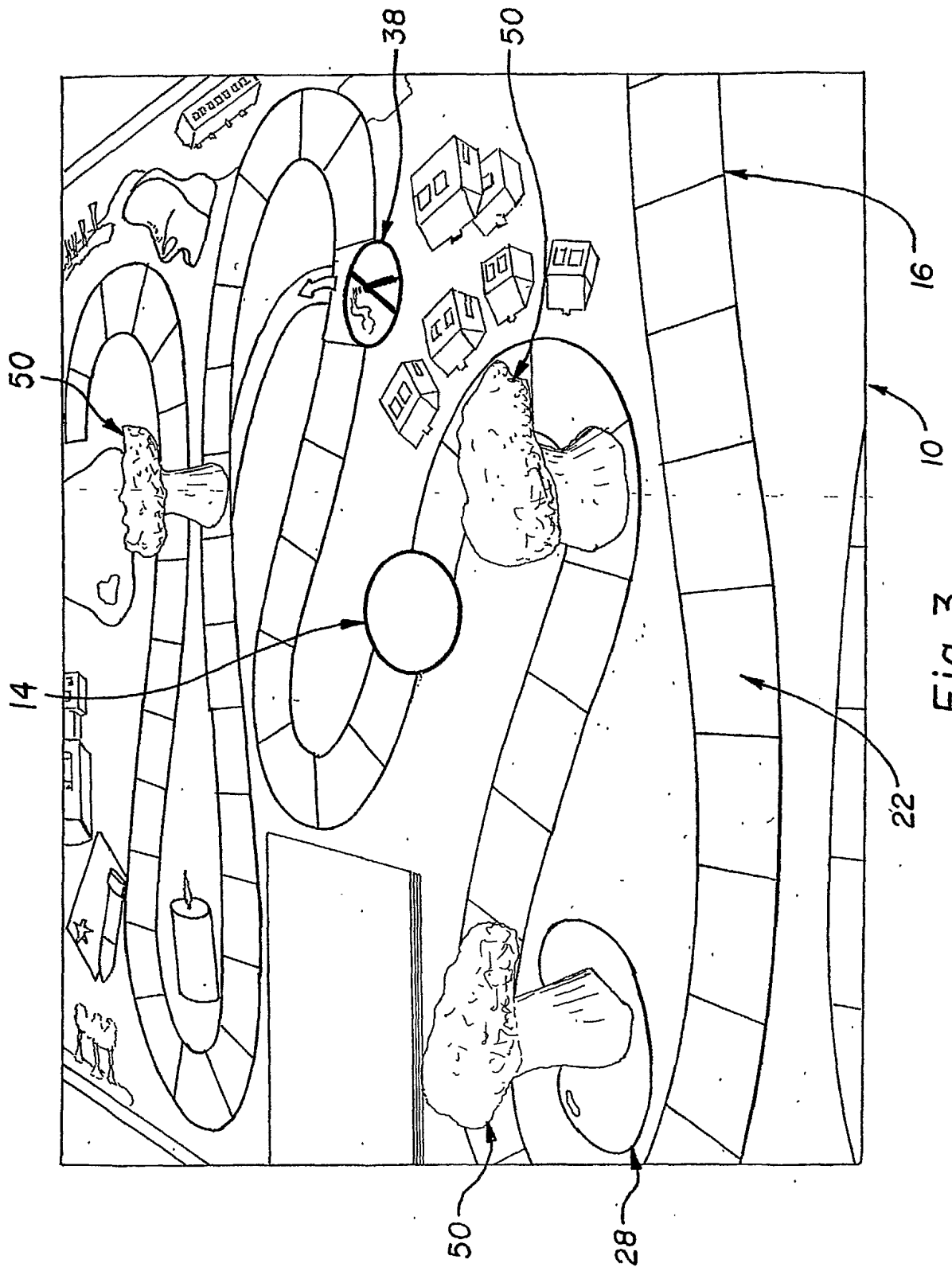
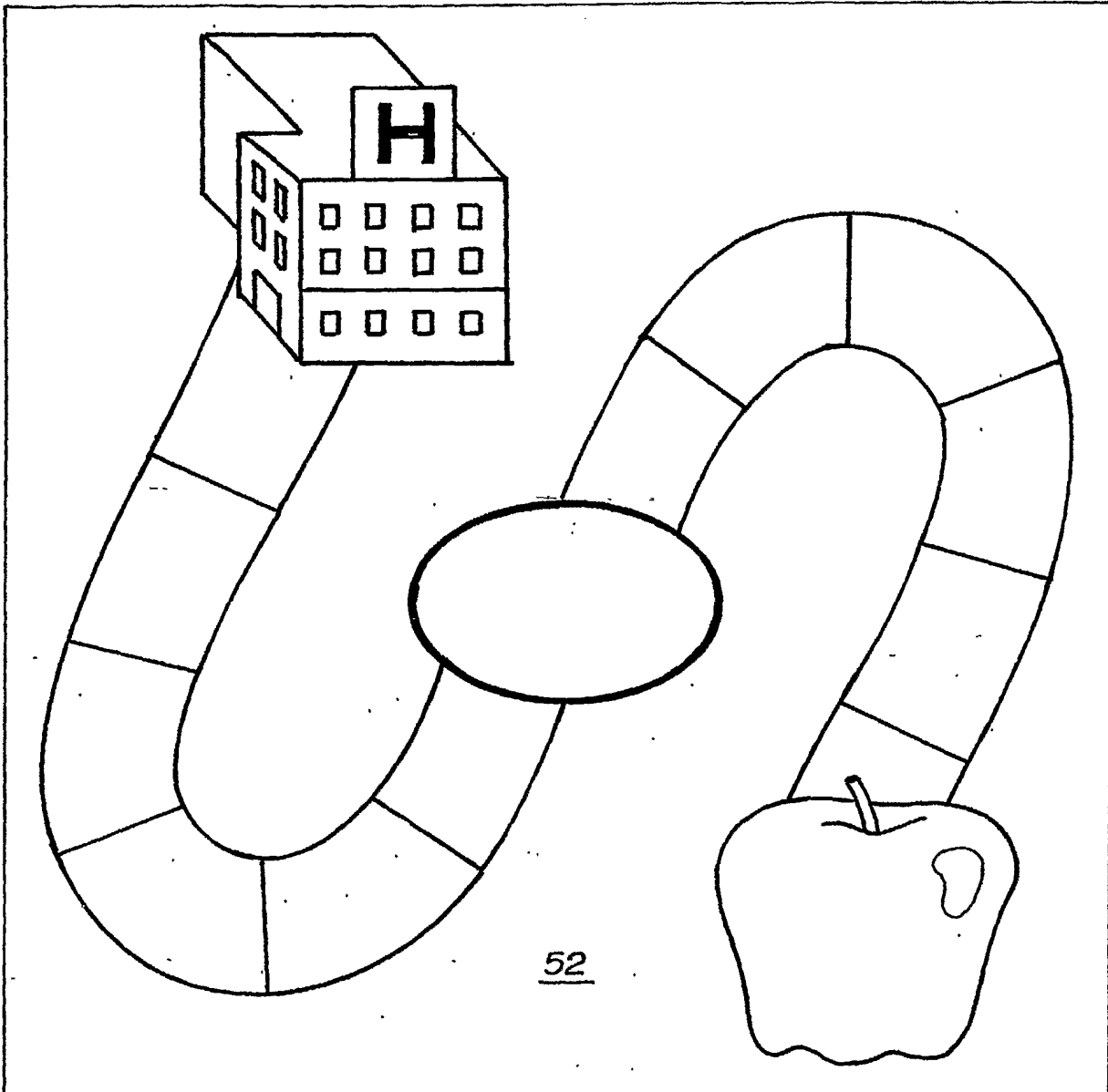


Fig. 3



52

*Fig. 4*